

Food Is Fuel



**Which is the
better fuel
choice?**



Think Your Food

Which is the better fuel choice?



Think About Your Food

A banana is better fuel
than a lollipop.



Think Your Food

Which is the better fuel choice?



Think About Your Food

Water is better fuel
than soda.



Think About Your Food

Which is the better fuel choice?



Think About Your Food

Celery is better fuel
than a cupcake.



Food Is Fuel

It's up to you!

- Eat lots of fruits and vegetables.
- Make water or milk your drink of choice.



HOW DO YOU THINK YOUR FOOD?

Think Your Food

Complete the dot to dot to show others healthy food choices.



Name _____

My Fuel

Food is fuel for your body and brain! Connect the dots to reveal healthy foods that give your body the most nutrition and energy.

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